



SUPPORTING STAFF WHO SMOKE TO QUIT

THE INITIATIVE



We developed a program to support staff who smoke to quit, following best practice.

STAFF HAD ACCESS TO:

NICOTINE REPLACEMENT THERAPY to help with cravings and withdrawal symptoms

FACE-TO-FACE OR PHONE CONSULTATIONS to give personalised advice

GROUP CONSULTATIONS for a support network through the quit journey

EMAILS AND TEXTS for ongoing support and motivation

WE ADVERTISED THE PROGRAM TO STAFF

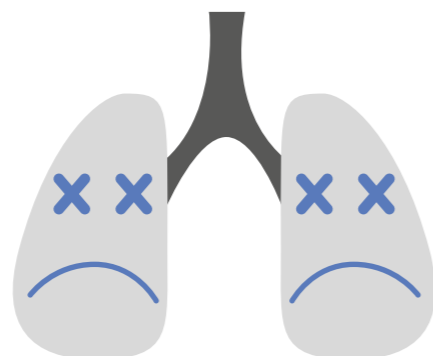
PEOPLE JOINED FOR DIFFERENT REASONS



"TO LIVE A LONG AND HAPPY LIFE"
 "FOR MY LUNGS"
 "FOR MY FAMILY"
 "FEEL GOOD AND SMELL GOOD"
 "SAVE MONEY"

TOBACCO SMOKING IS A LEADING PREVENTABLE CAUSE OF DEATH AND DISEASE IN AUSTRALIA.

BUT THE COSTS OF SMOKING GO BEYOND HEALTH.



OUR 2016 STAFF HEALTH CHECK TOLD US THAT APPROXIMATELY

4.5% OF OUR 8000+ EMPLOYEES SMOKE

THAT IMPACTS

OUR STAFF

by affecting their health and wellbeing, as well as their hip pocket



OUR PATIENTS

because healthy staff provide better care



US, AS EMPLOYERS

by costing an estimated **\$3594** USD per person annually from absenteeism and loss of productivity due to smoking breaks¹



WHAT PEOPLE SAID

"YOU BOUNCE OFF EACH OTHER'S MILESTONES AND ACHIEVEMENTS."

"I DON'T MISS ANYTHING. I CAN STILL GO OUT WITH MY BUDDIES."

"I AM MORE PRODUCTIVE AT WORK NOW."

"GIVING UP SMOKING TURNED OUT TO BE LESS DIFFICULT THAN I IMAGINED."

AND IT WORKED.

ALMOST 50% OF STAFF WHO JOINED THE PROGRAM REMAIN SMOKEFREE



FLOW-ON EFFECTS

When staff quit smoking, it not only improves their health and wellbeing and productivity at work, it also makes talking to patients about quitting easier.

COMMITTED TO BEING SMOKEFREE

WE'VE MADE OUR HOSPITAL A TOTALLY SMOKEFREE ENVIRONMENT.

WE'RE PROVIDING BEST-PRACTICE SUPPORT FOR OUR STAFF WHO SMOKE TO QUIT.

WE'RE PROVIDING BEST-PRACTICE SUPPORT FOR OUR PATIENTS TO QUIT SMOKING BEFORE, DURING AND AFTER ADMISSION.



ALFRED HEALTH VALUES THE HEALTH OF ITS STAFF. SO, WE WANTED TO SUPPORT STAFF WHO SMOKE TO QUIT...

...BUT QUITTING ISN'T EASY!

RELAPSE IS COMMON AND SOCIAL NETWORKS PLAY A BIG PART.

TO GIVE OUR STAFF THE BEST CHANCE AT QUITTING, WE CONSULTED WITH STAFF AND LOOKED AT THE EVIDENCE TO SEE WHAT WORKS.



1. Berman, 2014.